



First Christian Reformed Church of Lynden
From Generation to Generation for the Glory of God

God's precious and exceedingly great promises in hard times

Colossians 3:16 Let the word of Christ dwell in you richly,
teaching and admonishing one another in all wisdom,
singing psalms and hymns and spiritual songs,
with thankfulness in your hearts to God.

Scripture

Matthew 7:24 Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock.

Reflections on refuge

Nahum 1:7 The Lord is good, a stronghold in the day of trouble;
he knows those who take refuge in him.

(Ada Voskuilen 's family memorized this verse while living through WWII in Holland)

II Samuel 22:2-4 ² The Lord is my rock and my fortress and my deliverer,
³ my God, my rock, in whom I take refuge, my shield, and the horn of my salvation,
my stronghold and my refuge, my savior; you save me from violence.
⁴ I call upon the Lord, who is worthy to be praised, and I am saved from my enemies.

Psalms 26:5 For he will hide me in his shelter in the day of trouble;
he will conceal me under the cover of his tent; he will lift me high upon a rock.

Psalms 46:1 God is our refuge and strength, a very present help in trouble.

Psalms 62:8 Trust in him at all times, O people; pour out your heart before him;
God is a refuge for us.

Psalms 119:114 You are my hiding place and my shield; I hope in your word.

Proverbs 18:10 The name of the Lord is a strong tower;
the righteous man runs into it and is safe.

Proverbs 30:5 Every word of God proves true; he is a shield to those who take refuge in him.

Colossians 3:1-3 ¹ If then you have been raised with Christ, seek the things that are above, where Christ is,
seated at the right hand of God. ² Set your minds on things that are above, not on things that are on earth. ³ For
you have died, and your life is hidden with Christ in God. ⁴ When Christ who is your life appears, then you
also will appear with him in glory.

Song

Psalms 59:16 But I will sing of your strength; I will sing aloud of your steadfast love in the morning.
For you have been to me a fortress and a refuge in the day of my distress.

[You can Google the hymn to hear it if you would like to sing along.]

Jesus, Lover of My Soul

(considered one of Charles Wesley's greatest hymns)

Jesus, lover of my soul, let me to Thy bosom fly,
While the nearer waters roll, while the tempest still is high:
Hide me, O my Savior, hide, till the storm of life is past;
Safe into the haven guide; O receive my soul at last.

Other refuge have I none, hangs my helpless soul on Thee;
Leave, oh, leave me not alone, still support and comfort me.
All my trust on Thee is stayed, all my help from Thee I bring;
Cover my defenseless head with the shadow of Thy wing.

Thou, O Christ, art all I want; more than all in Thee I find;
Raise the fallen, cheer the faint, heal the sick and lead the blind.
Just and holy is Thy name, I am all unrighteousness;
Vile and full of sin I am, Thou art full of truth and grace.

Plenteous grace with Thee is found, grace to cover all my sin;
Let the healing streams abound; make and keep me pure within.
Thou of life the fountain art, freely let me take of Thee;
Spring Thou up within my heart, rise to all eternity.

("Jesus, Lover of My Soul" words by Charles Wesley, CCLI #358926, Streaming License 20317932)

Prayer

II Chronicles 7:14 If my people, who are called by my Name, will humble themselves and pray.

"Refuge" A prayer from *The Valley of Vision: A Collection of Puritan Prayers*.

O Lord,
Whose power is infinite and wisdom infallible,
Order things that they may neither hinder,
nor discourage me,
nor prove obstacles to the progress of thy cause;
Stand between me and all strife, that no evil befall,
no sin corrupt my gifts, zeal, attainments;
May I follow duty and not any foolish device of my own;
Permit me not to labour at work which you will not bless,
that I may serve thee without disgrace or debt;
Let me dwell in thy most secret place under thy shadow,
where is safe impenetrable protection from
the arrow that flies by day,
the pestilence that walks in darkness,
the strife of tongues,
the malice of ill-will,
the hurt of unkind talk,
the snares of company,
the perils of youth,
the temptations of middle life,
the mournings of old age,
the fear of death.
I am entirely dependent upon thee for support, counsel, consolation.
Uphold me by thy free Spirit,
and may I not think it enough to be preserved from falling,
but may I always go forward, always abounding in the work you give me to do.
Strengthen me by thy Spirit in my inner self
for every purpose of my Christian life.
All my jewels I give to the shadow of the safety that is in thee —
my name anew in Christ,
my body, soul, talents, character,
my success, wife, children, friends, work,
my present, my future, my end.
Take them, they are thine, and I am thine,
now and for ever.